



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
May 11, 2015

For More Information, Contact:
Cora Rabenberg, RN, BSN
Division of Family Health
North Dakota Department of Health
Phone: 701.328.4535
E-mail: crabenberg@nd.gov

The North Dakota Department of Health Encourages Women to Make Their Health a Priority During Women's Health Week and National Women's Checkup Day

BISMARCK, N.D. – During National Women's Health Week, May 10-16, 2015, the North Dakota Department of Health would like to encourage women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health. The 16th annual National Women's Health Week kicks off on Mother's Day, May 10, and is celebrated until May 16, 2015. The 13th annual National Women's Checkup Day is Monday, May 11, 2015. It is a day when women are encouraged to schedule their annual well-woman visit.

What steps can women take for better health?

- Visit a health care professional to receive regular checkups and preventive screenings
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet
- Engage in healthy relationships with friends and partners

What is a well-woman visit and why is it important?

It is a time to see your health care provider to:

- Discuss your family history, reproductive health needs, and personal habits such as alcohol and tobacco use
- Set health goals, such as being active and maintaining a healthy weight
- Schedule recommended screenings such as blood pressure, cholesterol, diabetes, Pap smear, mammogram and colonoscopy

Please see attached document, Steps to Take for Better Health, for additional recommended screenings and when they should be completed.

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.

More information about National Women's Health Week is available by visiting www.womenshealth.gov/nwhw.

For more information, contact Cora Rabenberg, North Dakota Department of Health, at 701.328.4535.

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